We are looking for volunteers to participate in a research project. The purpose of this project is to evaluate changes in symptoms and attention following a Mindfulness-Based Program for people who experience hearing voices.

Participation will involve meeting with a clinician to take part in a mindfulness-based program. This will involve 4 sessions of one-on-one practice in guided exercises designed to improve your attention alongside discussions about mindful responding as an alternative to usual reactions to voices and non-judgemental awareness of voices. The sessions will be held weekly at the Voices Clinic at the Monash Alfred Psychiatry Research Centre (MAPrc) or at Swinburne University of Technology.

As well as this, we will ask you to meet up with a member of our research team to complete some interviews and cognitive tasks on a total of 4 occasions, before and after the Mindfulness-Based Program. This is to find out whether your experience of voices changes after you have participated in the program. These sessions will take approximately 1.5-2.5 hours each. Participants are financially reimbursed for their time/travel for these assessment sessions.

For more information, please contact:
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